ABSTRACT OF THE DISCLOSURE

integrally molded palm-size multi-functional massage device has a thicker rear end and a thinner front end. A central portion of the rear end has an upper and a lower projection to define between them a largest height of the massage device. The massage device has an upper and a lower surface respectively extending from the rear upper and lower central 10 projections toward the front end and two lateral sides of the massage device, so that the front end and the two lateral sides are reduced in thickness. A recess is formed on the upper surface, and an area outside the recess is slightly upward curved and has multiple rib strips provided thereon. While the upper surface 15 provides a frictional massaging effect, projections formed on outer edges of the massage device serve as pressing points adapted to create different magnitudes of pressure against a user's body.